

NEWS FOR AND ABOUT WOMEN, AND DAILY MAGAZINE FEATURES

WINIFRED BLACK

Writes About
Cooking and Her
New Year's Wish



Winifred Black

She wouldn't cook, so he sued for divorce, and after in the day, in the same police court, a woman sued for divorce because her husband wouldn't cook.

The man who sued said he made a fairly good income, furnished a good home and all he wanted his wife to do was to keep the house clean and to have two decent meals ready for him when he was ready to eat them.

The woman who sued because her husband wouldn't cook, said that her husband was a singer and she worked hard to make the money to give him singing lessons and when she bought the food, she thought it was his duty to cook it and to have it ready for her when she came home from work—also in the morning, when she was getting ready to go to work.

The judge took this case under advisement. I wonder why?

Did he think that a woman who does a man's work down town ought to do a woman's work at home, when there was a perfectly able-bodied man there to do it for her, if he wanted to?

What a fuss we are having about cooking these days—so many people seem to hate it so bitterly!

I love to cook. I wish I had a nice little brown house, way out on the moor, where I could hear the sea at night and where there were two round trees by the gate and two round bushes by the door and two tall, slim trees at the back of the house, and a pear tree and a plum tree, and a cherry tree and an apple tree on the south side of the house, and a lilac and a snowball bush, and a burning bush and a bleeding heart bush, and a Daphne and a lemon verbenum bush on the north side. And I wish there was a little brick sidewalk leading from the gate to the steps, and in the house there was a big, red brick fireplace and just four rooms and lots of windows and dozens of closets.

The Day's Happy Round.

I wish there were children in the house—little ones and big ones. And a dog in the yard—a big, rough-mannered, sound-hearted Airedale, for choice, and a gray cat on the hearth. And I wish I had not a thing in this world to do but keep that little house as neat as a pin, and pick roses for the glass bowl for the dining-room table, and micas for the dull blue jar in the living room, and lemon verbenum branches to set above the fireplace.

It would be handy to throw a leaf in now and then for a kind of a perfume and a smell, and just the heart to scrub and the rooms so good—and then the little girl's hair to braid and the little boy's chubby hands to scrub—and three good, solid meals to get every single day and some of the good things with and nothing else in the world to worry about.

Wouldn't I cook! I'd have eggs for breakfast—but first I'd throw two slices of curly white onion in the pan with a little butter and to that I'd add the quarter of a tomato and then I'd just skip in a smidge of garlic as big as the head of a pin, and I'd let them simmer and simmer and simmer until the birds hopped down from the trees to see what smelled so good—and then I'd beat up my eggs and stir them in. And I'd have a pan of popovers in the oven and a pot of clear consommé on the stove, and when I culled those children in to breakfast I'd feel that I had done just exactly what I ought to do and what I love to do, and what I know how to do and I wouldn't envy any queen on her throne—or off of it either, for that matter!

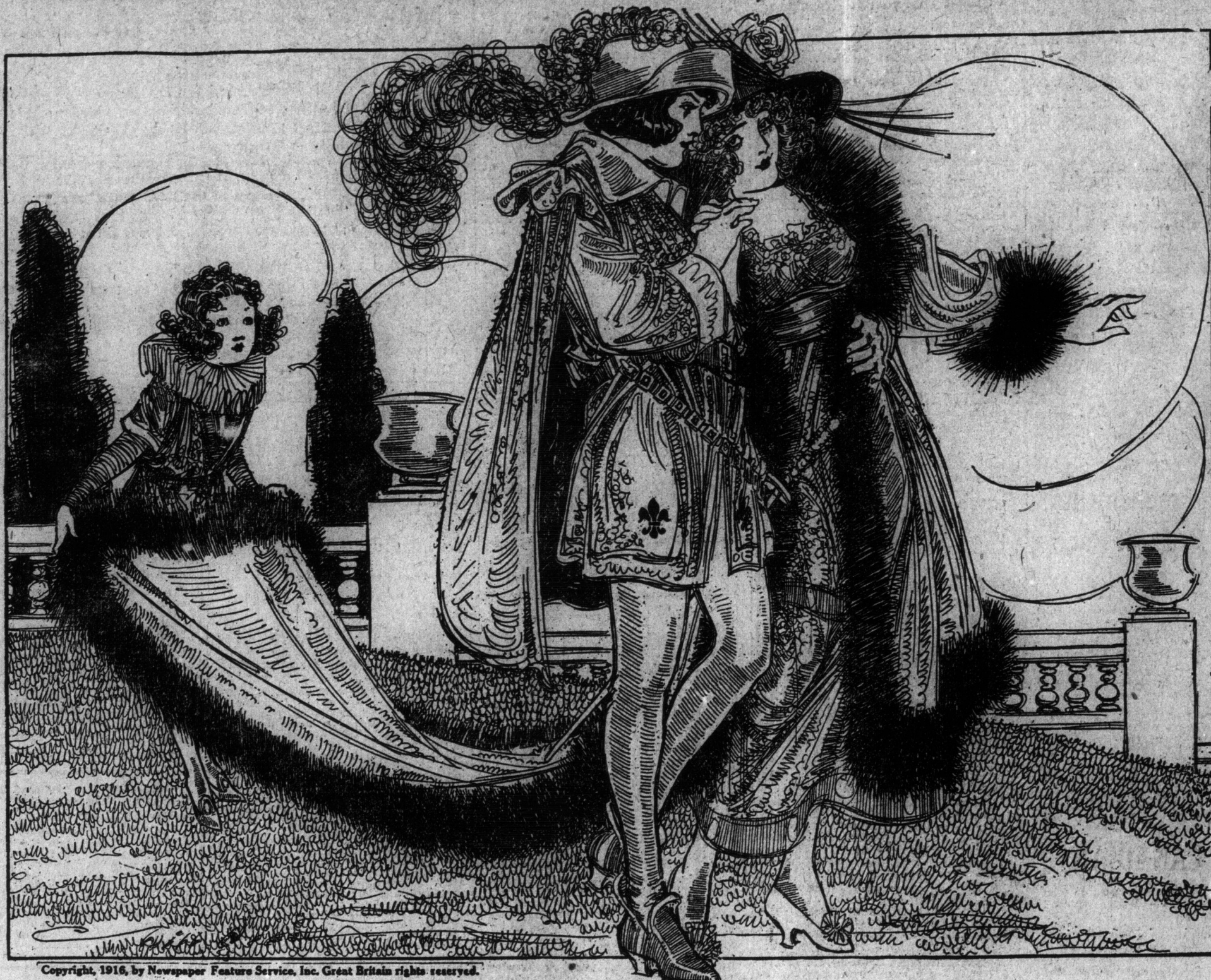
When the children were gone, I would wash my dishes in a clean little sink and dry them on a blue-and-white-checked towel that had hung on the line in the garden so long that it smelled of sun and dew and trees and flowers, and I would set my dishes away all in a row and stand back and look at them with my hand on one side, and I would be very happy.

When noon came—I'd begin about half-past eleven—I'd stir up a great big bowl of mush—cornmeal, mush—and I'd have lots of it and it would be served in blue bowls with big spoons to eat it, and there'd be a big glass pitcher full of milk on the table, and that would be all. Maybe for dessert I'd give them a good big piece of the end of a crumbly, home-made loaf, and I would spread it with butter, quince and nut at all thin, and, if they were very good, they should have sugar on it.

Then, when they were gone, I would wash the bowls in hot, sudsy water and

ONE OF HER DREAMS

By Will Nies



Copyright, 1916, by Newspaper Feature Service, Inc. Great Britain rights reserved.

To eager Youth with its eyes fixed on the stars and its feet in the clouds there is no romance in today. Aeroplanes, submarines, the telephone, the electric light, the wireless, are PRACTICAL, even thrilling—but vibrant with romance? Not they! Romance doesn't reside in the present—it's the special property of the PAST. All her life she has dreamed of that PARTICULAR past when a knight on a snow-white charger

rode up to the palace gates and My Lady Fair swept down to meet him on the terrace, with her train-bearer as chaplain.

Oh! the romance of their meeting! Ah! the thrill of their words! THERE is a dream worth living, she believes. But who is SHE—this girl who really lives only in dreams and dreams REAL life away? Look about you—can it possibly be YOU?

When Should the Children Eat With the 'Grown-Ups'?

Household Helps by Isobel Brands

At what age should children have their meals with the family at the table? This is a question that is asked very frequently by the housekeeper who has small children. Of course, this depends so much on the varying ages of the children that no arbitrary answer is possible, but here is what several mothers have found the best practice:

"If there is more than one little one in the family the best method is to have a corner of the dining-room set apart for the youngsters, with their own little table, small chairs and small appointments like the 'grown-ups'—table, a little bowl for flowers, tiny salt cellar, pepper, and a small water jug, too. If they are big enough to pour for themselves, it takes time to teach the little ones to use the spoon and fork properly. Where the little people's table is possible the children can eat by themselves, but if they are not old enough to do it at the table, but children do it more easily and naturally among themselves, than if artificially drilled to do it at the table. The children can eat by themselves, but if they are not old enough to do it at the table, but children do it more easily and naturally among themselves, than if artificially drilled to do it at the table. The children can eat by themselves, but if they are not old enough to do it at the table, but children do it more easily and naturally among themselves, than if artificially drilled to do it at the table.

There is none of the fretfulness of the child who has always had all of his meals with grown-ups, whose table manners have been neglected because he has been fed as rapidly as possible to keep him quiet, or, worse still, has been encouraged to dominate the table conversation with his 'cute' remarks until the family table is, indeed, the baby's table.

JAPAN TO LEND.

Very Glad to Arrange Credits Helping Britain to Carry on the War.

Japan's first war loan of \$50,000,000 to Britain was most popular. In the first six hours Tokyo subscribed \$15,000,000. When the plan was mooted the local bankers alone within an hour agreed to underwrite the entire issue.

This loan is made solely to raise further credits in the United States by taking advantage of the favorable rate of exchange between Japan and the United States.

Solving the A GIFT FOR THE Problem of HOME MAKER

Household Helps by Isobel Brands

It used to be thought that Christmas was the one occasion upon which it was justifiable to "wish upon" one's family all the unnecessary things that they would never buy for themselves. Who has not stored away some beribboned hair ribbon, some ornate hair holder and other such pseudo-artistic trifles? But we are getting more and more sensible each year, and give something useful and desirable. Best of all, the tired housewife is being remembered by gifts that will save her labor and time, and so help her to leisure in which she can enjoy her family's company and get outside more.

Here are some suggestions for household gifts that are sure to be appreciated. They are modern labor-savers, and some of them are very moderate in price.

Combined bread and cake mixer. Carving set, consisting of carving knife and fork, poultry shears and knife sharpener.

Glass baking dishes, in which foods can be both baked and served in very attractive shape.

Square dishpan, with plug and trap in centre, so that water can be let out without having to lift the pan.

Dish-draining rack, stationary nut-cracker, or bowl with nut-cracker attachment. Stationary grater.

Ice cream freezer. Window washer on long handle. Dustpan on long handle. Vacuum cleaner.

Set of aluminum cooking utensils. For those who have electric current available there is a long list of large and small labor-savers. The table cooking devices are especially attractive, like the toaster, percolator, chafing dish, hot water heater, etc., all of which save mother's time in the kitchen, incidentally

How to Solve the Problem of an Inactive Colon

By DR. L. K. HIRSHBERG, A.B., M.A., M.D. (Johns Hopkins University)

The alimentary canal or digestive tube may be divided, like Caesar's Gaul, into three parts—the oesophagus from mouth to stomach, the stomach or gastrum and the intestines.

The intestines are a wriggly, wormy, serpentine pathway, narrow from the vermiform appendix at the cecum, or "caecum" up the right side of the abdomen, across the top of the abdomen and down the left side to the sigmoid flexure and the rectum. The small intestine is a circuitous, compact mass of coils like a long hose tightly looped together in the abdomen, and the color or big intestine is more nearly localized and stationary like the border of the wall paper, limited to the margins of the abdomen whose outline the colon bounds.

In typhoid fever the small intestine usually suffers most. Ulcers and pepper its lining. In dysentery, the colon is commonly affected and inflamed.

By the very nature of the anatomical arrangement of the colon, it is prone to be quiescent and stable, in addition to this fact, there are adhesions, kinks or bandages, invasions they cause it to be as stagnant as an obolus.

While light fruits and vegetables are as promoters to the small intestine, the bulky ones and copious amounts of water aid the colon in flushing it from above.

Specialized massage of the abdomen in a circular motion like the hands of a clock, with a heavy dumb-bell at the outer margins in front, tones the colon and helps to compress its contents in a serpentine wave in proper direction.

Bella, abdominal supports, fixed compression with adhesive straps or bandages, plasters, covers, and the like, purpose and similar mechanical devices all contribute to the propulsion of the colon.

Occasionally it becomes necessary to cause oil or water injections to enter the colon from below. This has been loosely called by some "colonics" and a host of similar phrases.

While this may be necessary at intervals in acute colonic obstruction and chronic stasis of the colon, the better part of valor to use vegetable, water, athletics and exercises to induce movements of the large intestine.

ANSWERS TO HEALTH QUESTIONS.

S. L. Q.—My physician says I have high blood pressure. What treatment and diet do you advise?

A.—When the blood pressure is higher than normal obtain lots of sleep and rest. Do not overexert yourself. Keep the skin and intestines active. Avoid hot dishes, salt, pepper, condiments, seasoning, rich foods, peas and beans. Be massaged daily. Drink plenty of water, lots of fruit, milk and cream, and take a Bilex tablet with your meals. Take 1/2 pint of nitrate of soda in water every hour.

Anxious, Toronto, Ont.: Q.—I wish to remove dark rings from under my eyes? 2. What can be done for blackheads?

A.—I make no apology when I tell you that grease and dirt are widespread causes of dark circles under the eyes. What seems often a skin infection is removed with a little soap and water or spirits of chloroform. If the dark circles are really in the skin, a few good nights of sleep and a purgative may rid you of them.

2. Blackheads are often the second cousins of poor relations of acne and pimples. Indoor life in dark and dusty houses, dusty rooms, lack of exercise in the sunshine and an oily skin have something to do with them. Never touch greasy or sweet tidbits. Shampoo, pastries, candies, bread, cakes and seasoning. Wash the blackheads with a chamomile skin. Do not use soap or water on the skin. Wash in cold water, cleanse with a good peroxide cream, and then massage, glycerine and peroxide, equal parts, into the skin.

Polly and Her Pals

Copyright, 1916, by Randolph Lewis.



The Parson Didn't Make Any New Year Resolutions



Copyright, 1916, by Newspaper Feature Service, Inc. Great Britain rights reserved. Registered in U. S. Patent Office.

By Sterrell

Great Britain Rights Reserved.

SENATOR PEACE

Lodge Against Tension MAY LO

United States Unpopular in

Washington, D.C. Senator Hiram Bland's note was by the expiration morning hour, marked by the Lodge's argument resolution of Lewis in defeat.

The fact that the second time in again pointed at surrounding all taken.

Senator Lewis' intervention. These opposite a sharp debate Hillock's resolution's note.

Lodge was against senate. He expressed the fact that the president's confidence.

He said he ought not to be asked to be a peace enforcement by the administration throwing the board.

The U. S. M. without a trial meddled further. Incidentally, day's attack upon Van Buren.

Wilson was good offices of is said in his d in his whole expression the warlike tinge.

Lewis declared secrecy in dip to ex-President "as shown in" with a bludgeon.

Lewis waxed calling attention to a European situation. He held a position income.

Lewis was proposed no European situation. He held a position income.

Moves to He cited two present's not is a move toward rather than at.

At 2 o'clock, business was called to order by Mr. Hiram Bland.

The Senate's "peace" resolution, California put starting a Ma well to the sea to consume sea.

Lewis was proposed no European situation. He held a position income.

In German peace terms offered had the Teutonic ITALIAN G ART

Batteries on trian B

Rome, Jan. 4.—On artillery discharge and Arsenal, in Italy and our batteries from the remainder of the fences were of hood of Lukat Viza.

PERLEY Baptie Board

Canadian Assoc London, Jan. 4. Informa Press that a Baptie board had no comm with any of pointment. The by the war was a ment council which Bruce's report were as highest profes it was felt th have formed this country.

FOR C Presbyterian of Winnipeg, ha being the "to be such th in Canada. The result as to remove series of pe

FERRY London, J despatch fro women and thru the sin collision on